

# Multit Grouse Grind® Challenge

## 2019 Participant Guidelines/Requirements

- This is the one and only annually-sanctioned day to post an official Multi Grouse Grind result.
- Must be a Grouse Mountain Annual Passholder and have a Grind Timer Card (which must be swiped at the base and at the top in order to record an official Grind).
- Mandatory registration for the Multi Grouse Grind Challenge in order to have your Multi Grouse Grinds officially recognized
- Must raise a minimum of \$200 for BC Children's Hospital Foundation.
- Only Grinds hiked during the official event hours (one hour before sunrise to one hour past sunset) will be officially recognized.
- Must stay on the marked defined Grouse Grind trail.
- No downward hiking permitted.
- Participants to have minimum of one support person at the base or at the top providing food, water, extra clothing and monitoring health at the top after each ascent. A complimentary Skyride ticket will be provided to each participant for their support person.
- Observe the ten essentials of hiking suggestions  
<http://www.northshorerescue.com/education/what-to-bring/>
- Extra warm/ dry clothing
- Fully charged cell phone highly recommended
- Carry a whistle
- If you see a fellow hiker in distress, please call 604-998-4321 or 911 and stay with the hiker
- Please respect regular trail etiquette i.e. leave no garbage, respectfully passing other trail users, assist those in need etc.